

1 ABSTRACT OF THE DISCLOSURE

2 A disk to be installed on a dumbbell around the middle bar and adjacent the weight at
3 one end to protect the user's hand(s) from contact with the weight. A slot allows the disk to be
4 installed without removing the weights. A cavity on the weight side of the disk provides
5 clearance for the shoulder or collar which hold the weights in position on some dumbbells. The
6 inner surface of the disk is convex while the outer is generally planar to lie flat against the
7 weights.